262 morning; and a combination of any two menus given above may be adopted for the two principal meals.

POOR FAMILIES

First Meal

Millet gruel.
Chilly powder and salt.

or

Rice left-over from previous evening.
Chilly powder and salt or pickles.

Second Meal

Rice.
Boiled vegetables or lentils (with salt and chillies) or meat curry.

or

Millet bread.
Boiled vegetables or lentils (with salt and chillies) or meat curry.

or

Rice.
Chilly powder and salt.
Pickles.

Third Meal

Rice.
Meat or vegetable or lentil or fish curry.

262 263 In the making of curries the rich people use considerable quantities of oil or other fats, and their choice of spices too is more varied. In the average households the curries are not so rich. Finally in the poorer sections they are more or less boiled vegetables and lentils with the addition of salt and chilly powder. It may be added that sweets do not form a regular part of the diet of the people in the community. They are prepared on ceremonial occasions, and may be prepared now and then in the comparatively richer homes. As fish and meat are very expensive, the average and poor families have to depend for most of the time on watery lentil curries or cheap vegetables.

125 146 The ethnographic record of the diet appeared to be so appalling that we organized a comprehensive nutritional survey of the community in conjunction with our research project. This work was planned and carried out under the supervision of a nutritional expert from the Medical Faculty of the Osmania University. A